



FOR IMMEDIATE RELEASE

Contact: Sonia Lee, Public
Information Officer
Phone: (650) 947-2611
Email: slee@losaltosca.gov

LOS ALTOS DEDICATES JULY TO RECOGNIZING PARKS AND RECREATION

Los Altos, Calif. – July 3, 2020 – The Los Altos City Council has formally declared the month of July as Parks Make Life Better!® Month.

Since 1985, communities across the United States have observed July as the Nation's official Park and Recreation Month. The month-long celebration is intended to raise awareness of the essential services that park and recreation professionals provide. With the City Council's proclamation, the month will also recognize the importance of access to local parks, recreation, trails, and open space as a respite for all Californians affected by the coronavirus pandemic.

“Our park spaces have always been a vital part of our community, although the last few months have truly confirmed that,” said Donna Legge, Director of Recreation and Community Services. “We are eager to celebrate the spaces that support our community’s mental and physical health through various activities and campaigns.”

To commemorate Parks Make Life Better!® Month, City staff has numerous activities planned for residents that promote outdoor engagement that abide by the County’s order. The Recreation Department encourages the community to participate and share how they enjoy our local park spaces with the hashtag #ParksMakeLifeBetter and #LosAltosRec.

To learn more about Parks Make Life Better!® Month, visit [losaltosrecreation.org](https://www.losaltosrecreation.org).

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